



Henry's VIII

Lent 2023 Edition

Welcome to the Lent 2023 edition of Henry's VIII!

As ever, this has been a busy term for KCBC. With new novices graduating into senior boats from Michaelmas term and Lent bumps to train for, there hasn't been a moment to rest for all at KCBC.

Training Week

Our training for this term was kicked off by rowing week. Held a week before the official start of term in the middle of January, we used this time to integrate our new novices into the senior boats. We were faced with some harsh winds and chilly mornings, but these outings proved vital in setting the foundations for our women's matched VIII's in the first few weeks of term. We put in some great work on the ergs, the men's and women's sides coming together to support each other in the 2k tests used for crew selection.

Henley 4's and 8's Head



The middle of term saw us take on Henley as one big boat club. We headed down on the Friday afternoon in various groups, and arrived in Henley on Thames to rig our boats and take to the hallowed waters. Our M1 VIII, women's IV+ and women's VIII were blessed with a beautiful sunset for their pre-paddle on the championship course, getting to know the water and the landmarks on the course before the races the next day. Race day started early with a warm up on the water prior to races starting. The crews were feeling good, and M1 were first to race. They set the bar high, winning band 3 of their division and beating multiple Oxford college crews and some university second crews to do so. Our women's VIII made up of some of last term's novices put in a great row down the course to finish a fantastic 6th out of 11 crews. The women's IV+ finished 4th out of 8 crews in their final outing in the IV before crew selection into W1 and W2 VIII's for Lent bumps. A great time was had by all in Henley, and the support each and every member of the club showed for each other was second to none. Incredible thanks go to captains and coaches for making weekends like this possible! A truly special place to row, and definitely a weekend to remember.



PC: AllMarkOne



Lent Bumps

After a term of hard work from everyone in the boat club, Lent bumps arrived, hotly anticipated. W1 went into the campaign as hot favourites for Super Blades on forums like Fantasy Bumps and Bumpit, and they certainly delivered. Having sparred with top division 1 crews and more than held their own, the crew were raring to go. While racing was cancelled due to adverse weather conditions on one of the days, denying W1 their shot at going up 4 places or more, they bumped on every single day of racing, beating Girton W1, Murray Edwards W1 and Homerton W1 within only a couple of minutes off the start every single day. Awarded blades by the steering committee for bumping at every opportunity, this has been a successful campaign for W1, paving the way for further success next term in the May bumps.



Chasing Trinity Hall on their first day of racing, M1 knew they would have a tough fight on their hands. They put in a good row, ultimately resulting in a row over. Day 2 saw them chased by Clare M1. After a fight to the death in their Mays campaign last year when King's M1 finally bumped Clare M1 past the railway bridge, the boys knew they were up against stiff competition once more. A similar fight to Mays ensued, our M1 holding off Clare for the best part of the reach, but eventually got bumped. Unfortunately,



the final day of racing resulted in a second and final bumping for our M1 by Queen's M1, sending them to 11th in the men's first division.



This term's W2 was made up almost entirely of last term's novices. With only one member of the crew having done bumps before, we were enormously proud of the crew's resilience and grit to get on to bumps, and carry themselves through the entire campaign. After being bumped by Clare W3 on day 1, they steeled themselves for day 2 and came back with a vengeance. Unable to catch Clare, they put in a fantastic race, securing a solid row-over. Day 3 saw them bumped by division favourites and Blades winners, Hughes Hall W2. This was such an exciting campaign for our first timers on the women's side, and we cannot wait to see what they do in Mays with this experience under their belts.

Update from the Women's Captains

What a wonderful and rewarding Lent term it has been for KCBC, especially the women's side! Training successfully kicked off with rowing week and 2ks, quickly followed by the year's first race - Winter Head to Head - in which one of our matched VIIIs managed to take home some tastefully decorated glassware. The next few weeks were spent integrating our recently graduated novices into the senior women's training program continuing training in matched VIIIs. Both crews were able to show off their hard work and training in Newnham Head as well as Henley 4s and 8s Head.

With Lent bumps now only being a few weeks away, crews were finalised and all our focus shifted towards the term's most anticipated race! A mere few days before the first day of bumps, W1 couldn't resist the temptation and travelled down to London to take part in the annual Women's Head of the River Race on the Tideway as one of the very few Cambridge Colleges to make the journey. They put in an impressive row, finishing 130th, a 12-place increase on last year's race.



Photo: AllMarkOne

Back in Cambridge, the final touches were made and spirits were high, especially because our W2 put in a stellar performance in the getting-on-race, securing themselves a spot in the highly sought after women's division which for the first time ever was bigger than the men's. And before we knew it, Bumps Week was upon us and what a week it was! The conditions were not on our side, yet, everyone braved the rain and snow with a smile and some fantastic racing, with W1 being rewarded blades being the crowning moment of the week. All in all, we have had a fantastic term and in the spirit of the 50 years of women at King's celebration, we want to thank everyone involved in the boat club for all of their work and input, past and present. This ranges from our fantastic new boat man, Piotr, to our super engaged committee, and our incredible coaches, especially Dylan Whitaker, Blue's cox turned KCBC women's side head coach, who has come back to King's after retiring from coxing and his multiple Boat Race wins to lead the way for our King's women. Without all of you this would not have been possible and we can't wait to see what Mays will bring! YEAH THE WOMEN!

PS: Tune in to watch the Gemini Boat Race Sunday, 26 March, to watch our very own Janeska de Jonge rowing as part of the Blondie crew!

Update from the Men's Side

Once again, Lent term has reared her cold, miserable neck. The mornings only getting earlier, the rowers only getting more sleep-deprived. But this year we were ready for it. With a strong cohort of novice rowers stepping into the senior boats, competition was fierce and nobody was backing out. Over the winter break, the boys put in over 2 million metres in 277 hours of training. With the extra push of Rowing Week, and many excellent performances & PBs in their 2ks, Lent started with a bang!

Newnham Head was a strong start to racing, with both M1 & M2 putting in stellar performances. Away from Cambridge, our M1 joined the women's side at the Henley Fours and Eights Head, and put in a spectacular effort. Beating such crews as Keble College



Oxford and overtaking Bristol during the race, they went on to win Band 3 of the open VIIIs category. A massive achievement for a crew containing two ex-novices! At Pembroke Regatta, our M2 beat Sidney Sussex M2 to make the semi-finals, but were unfortunately beaten by Lady Margaret M2. Meanwhile, our M1 battled through the rounds against St Catherine's, neighbours Selwyn, and Queen's College Oxford, winning race after race. Only past rival Clare finally broke our streak in the semi-final, in a closely-fought race. With every race & session our crews were making massive leaps, and hopes were high.



Then, with a few weeks left to hone our skill it was time to turn to the Lent Bumps. Two weeks before, disaster struck: our Captain and M1 strokeman Oscar Wilson broke his wrist, and would not be able to row. Nevertheless, this didn't phase the rest of the crew who took the change in their stride. With Adriaan Olivier stepping up to fill the boat, M1 continued going from strength to strength, proving that rowing is a team sport and is never about the individual.



The racing itself brought less-than-ideal conditions: rain, wind, snow, and flooding later in the week which cancelled Friday's racing. After an impressive display last year holding their 9th position on the river, M1 gained on Trinity Hall ahead but were unable to bump before the end of the course. Unfortunately they were bumped by Clare on Thursday, and again by Queens' on Saturday. Not the result we had hoped for; but they put in very strong rows and fought both off until the Reach, and we are very proud of their efforts.

In the Getting-On Race, our M2 put in a fierce row but narrowly missed getting on for Bumps - the fastest crew to not get on. Less than ideal, but from the responses of other crews it was clear their earlier hard work in the term had made a massive impact on the competition. However, they held their heads high and turned their attention instead to the Talbot Cup. Using the empty river of Bumps Week (and the only crew to go out during Friday's vicious weather), they pressed on with their work on the water to great effect. Finishing with an impressive second place, they beat First and Third M3 and Hughes Hall M2, losing only to Bumps racers Emmanuel M3 in the final.

Finally, the term was wrapped up with a trip to the Tideway, and our M1 taking part in the Head of the River Race for the first time since 2019. They rowed brilliantly, overtaking three crews in front during the races - including our sister New College and neighbours Churchill College - to finish 132nd overall, and their best result in the race in over a decade. A strong end to a very strong term.



Overall, despite the Bumps results this term has been a valiant effort from all at KCBC. Every single person has given so much to the club, and we couldn't have asked for a more dedicated, patient, fun, enthusiastic bunch to spend the term with. And with several CUBC trialists returning (tune in at 16:00 on Sunday 26th March to watch our Luca Ferraro stroking the Men's Blue Boat in the Boat Race!!), all eyes are watching for the massive Mays campaign we will undoubtedly have next term. Up the Kings!



King's College Boat Club: Lent Bumps Dinner 2023

Request for Donations & Volunteers

If you are interested in getting involved with KCBC in one form or another, whether by following in Dylan's footsteps helping with coaching or contributing with a donation, please reach out to us!

One of our immediate priorities is raising funds for **rowing kits**, with the aim to make rowing even more accessible and provide every member in the first and second boats with a racing all-in-one.

Anything you can give is greatly appreciated!

<https://www.kingsboatclub.com/contribute-to-the-boat-club/>